



nala
endowment fund

2018 ANNUAL REPORT NALA ENDOWMENT FUND

MISSION AND GOALS

NALA endowment fund was founded in 2012, after our first journey to the East. We met with Lama Sherab Gyaltzen Rinpoche and his kind approach to poor children and his selfless work for others have inspired us so much that we spontaneously felt a desire to help him in his activity and to follow his perfect example.

We started with the support of a monastic school for children, but more and more opportunities for meaningful activity kept appearing, and now we provide funding not only for two monastic schools, but we also help to preserve the legacy of the traditional Buddhist painting, support Buddhist teachers and help to translate precious and interesting spiritual texts, as well as spread awareness of Buddhist philosophy and psychology.

Our continuous contacts in the East naturally deepened our understanding of Buddha's teaching (Dharma) and its practical application in everyday life. We felt a pressing urge to make the rich Eastern knowledge and view of the reality of human life accessible also to people in the West.

The goals of the Buddhist practice are noble and aim high. Buddhists strive to achieve full development of their mind, lasting and unconditional happiness and the liberation from suffering of the cyclic existence, in which we are tormented by sickness, old age and death. On the path leading to Enlightenment, Buddhists use practical methods that can be very useful also on the level of our everyday reality.

People who meditate are usually more calm, stable and flexible, and both their heart and mind are more open. They tend to cope better with various life surprises and the related emotional swings. With time, new qualities arise in their mind, such as fearlessness, kindness, compassion and wisdom.

Our wish is that people in the West also have access to these methods and teachings, so now we focus on preparing the background that would allow them the first contact, leading to deeper understanding or even more extensive study. At the same time, we are happy to announce that in the newly built centre, we will soon offer treatment both for body and soul, based on the principles of the traditional, age-old Tibetan medicine, accompanied by modern diagnostic methods.

OUR EXTRAORDINARY BOSSES AND US

In spring 2018, three exceptional people, who are not only a great source of inspiration for us, but also a genuine spiritual authority, entered the endowment fund's organizational structure. On 28 March, the Board of Trustees approved the new status, or specifically the new composition of the Board of Trustees and the establishment of the Supervisory Board, which has effectively changed the functioning of the fund. We greatly appreciate the decision of our new Supervisory Board members to provide patronage to the activity of the fund and help us by consultations and experience sharing. The new members of the Supervisory Board are the 17th Karmapa Trinley Thaye Dorje, Sherab Gyaltzen Rinpoche and Ani Tenzin Gurung.

17th Karmapa Trinley Thaye Dorje



Gyalwa Karmapa is the head of the Karma Kagyu school of Tibetan Buddhism. The 17th Karmapa Thaye Dorje was born in Lhasa in 1983 and currently lives in New Delhi, India. He is a spiritual leader of more than 900 monasteries, institutions and centres all over the world, including NALA endowment fund and the newly established Karma Kungha Padkar Ling endowment fund (KKPL). He has thousands of students worldwide. Since 1999 he's been travelling and teaching in South Asia, Europe, Russia and North America. Under his spiritual guidance, Kagyu Monlam takes place every year in Indian Bodhgaya – the place where Buddha reached enlightenment. For a few days, thousands of practitioners gather to recite wishes for the benefit of all beings. Trinley Thaye Dorje means Limitless Unchanging Buddha Activity. Karmapa's style of teaching Buddha Dharma is fresh, contemporary and full of humour. He uses also modern technologies and social media so that his activity has immense impact also among young people.

Sherab Gyaltzen Rinpoche

Sherab Gyaltzen Rinpoche is a widely respected Lama of the Karma Kagyu lineage. He was born in Nepal in 1950 and finished his training under the direct guidance of the 16th Karmapa. He manages Dhagpo Sheydrup Ling and Karma Ngedhon Osal Choekhor Ling monastery schools for boys and girls and a meditation centre in Pharping. Almost his entire life he has cared for orphaned and poor children. He has published a range of texts and built many stupas in Nepal and Europe. As one of few Buddhist teachers, he holds the title Maniwa, which is given to masters of the Loving Eyes practice who inspired beings to recite at least one billion OM MANI PEME HUNG mantras. Together with the 17th Karmapa, he is a spiritual authority of NALA Endowment Fund and now also of the newly established Karma Kungha Padkar Ling endowment fund (KKPL).

Ani Tenzin Gurung

If there is a person in this world who unites pragmatism with compassion and kindness, humour and life optimism with diligence and decisiveness, wide range of activities and responsibilities with incredible modesty, and many other qualities, including the culinary skills, it is Ani Tenzin. It's almost unbelievable that she keeps smiling all the time, regardless of how many things she does, and always finds time for a chat. We are truly grateful for her excellent care and help she provides to Sherab Gyaltzen Rinpoche. We appreciate how important her work is, although it is not so visible. Ani Tenzin is our main channel of communication with the Rinpoche, as we cannot speak Tibetan yet. Without her, we could hardly imagine the cooperation of the Western NALA with our "Nala family" in the East.



PEOPLE IN NALA

Guided by our Lamas, we try to help where we believe it makes most sense and where it will bring the greatest benefit for the longest time possible. And as the meaningful activity brings joy, and the shared joy means greater joy, we are glad that many volunteers have joined us and enriched our activity with their energy. We welcome people who share the same goals and want to share also in our joyful activity.



NALA ENDOWMENT FUND PROJECTS OVERVIEW



Karma Kungha Padkar Ling

Following the recommendations of Sherab Gyaltzen Rinpoche, we focused our attention mainly on the project of a new healing and meditation centre in Ujezd nad Zbecnem in the Krivoklat region. The name of the centre is Karma Kungha Padkar Ling, or The Joyful Garden of White Lotus. Soon it will provide home for meditation, study of the Traditional Tibetan medicine and spa treatment according to the principles of Eastern medicine, supported by western diagnostic methods and healing formulas. Construction of the future centre is in full swing now and we are looking forward to hosting the first courses there in the following year.



Dhagpo Sheydrub Ling and Karma Ngödhon Ösal Choekhorling

We support two monastic schools in Nepal. Both are under spiritual auspices of Sherab Gyaltzen Rinpoche and provide home and education, both classical and spiritual, to children. In Dhagpo Sheydrub Ling, there are about 150 boys and in Karma Ngedon Osal Choekhorling (Ani Gompa) about 90 girls. We also organize voluntary stays in these schools for young people from the Czech Republic – they can teach various subjects there, such as English or math, according to their skills and qualifications.



Treatment for Lamas and support of their activities

In the tradition of Tibetan Buddhism, Lama (or teacher) is essentially important. Lama knows how our mind works and can identify what is most beneficial for each disciple and his or her development. Lama is also the source of blessing and provides protection to the disciples on their spiritual path. We are aware of this crucial importance of Lamas for the preservation of precious teachings about the mind and the true nature of phenomena. That is why we support them in their activities and try to care for their health. We believe that doing so we help to prolong their lives which they, as true bodhisattvas, devoted to the work for the benefit of others.

Health care and humanitarian aid

After Nepal recovered from the devastating earthquake of 2015, we concentrated on the quality of health care in the area where the Dhagpo Sheydrub Ling monastic school is located. We organized a training for the staff and older pupils in the provision of the first aid and equipped the first-aid room in the monastery. Now we are purchasing an ambulance car that will be able to transport urgent cases quickly to the nearest hospital, which is about an hour's drive away.

Translations

NALA endowment fund supports a translation project implemented in Karma Guen, Spain. Its aim is to translate the collected works of all Karmapas – the heads of the Karma Kagyu school of Tibetan Buddhism. Also, our young NALA publishing house prepares to bring the Czech audience interesting titles from the area of Buddhism, Tibetan medicine and Eastern philosophy.

Art

The painting style that has been used in the Tibetan tradition to depict meditation aspects and symbols is called Karma Gardri. To study this style of painting means to work with your mind. The process of painting is the meditation and the resulting pictures have the ability to influence our mind on deep, subconscious levels. We strive to preserve this rare tradition through the support of its bearers – painter Dawa Lhadripa and his disciples.

Tokpa

Tokpa Korlo is a universal artist and Buddhist practitioner. His photographs from the Buddhist world keep inspiring people all around the world. Tokpa devoted his time and energy to the documentary videos and pictures. He flies all over the world, documenting the activity of prominent Buddhist teachers. At present he works on a documentary about Sherab Gyaltsen Rinpoche.



NALA IN THE EAST – INDIA, NEPAL, SIKKIM

India

In March, we travelled to the East to visit the places of our projects' implementation and especially to meet with the 17th Karmapa Trinley Thaye Dorje to finalize the establishment of the new Karma Kungha Padkar Ling endowment fund, the purpose of which is the construction and operation of a new meditation and healing centre in the Krivoklat region of the Czech Republic. The name was chosen by Karmapa himself and it means the Joyful Garden of White Lotus. Karmapa told us he was praying for the new centre right from the beginning and said he was convinced it would bring great benefit to many beings. The foundation documents were signed also by Sherab Gyaltzen Rinpoche and Ani Tenzin, who thus became members of the Supervisory Board, together with the 17th Karmapa.



Nepal

From India, we continued to the capital of Nepal, Kathmandu. We joined Sherab Gyaltzen Rinpoche's Mani puja, during which hundreds of people meditate together on the Buddha of Compassion (tib. Chenrezig) and accumulate the OM MANI PEME HUNG mantras.

We visited many important places of pilgrimage – Boudhanath and Swayambhunath stupas, Pharping, where Guru Rinpoche meditated and the two caves close to Pashupati charnel grounds where masters of Kagyu lineage, Tilopa and Naropa, meditated.

In Sharminub, the monastery that is being constructed according to the plans of the late 14th Shamar Rinpoche, we met with Jigme Rinpoche and looked at the progress of the works in the main gompa where Dawa Lhadripa, a wonderful Karma Gardri master, decorates the ceiling and walls. It is a real joy to see how the generosity of people is reflected in beautiful paintings that will, in a traditional style, decorate the meditation hall for many centuries to come.

Our boys from Dhagpo Sheydrub Ling in Nala welcomed us with the traditional tea and biscuits. We handed out presents, played football and frisbee and also coloured the Little Mole colouring books. We really enjoyed our time with the kids and were leaving with a wish to stay longer when we come next.

We also visited the Karma Ngedhon Osal Chokhorling monastic school that has been supported by NALA since the last year. After the first five minutes of shyness, the girls "adopted us" and ran around the monastery with us as experienced guides.

It is wonderful that we could establish personal contacts for active communication. It will make it possible to respond better to the needs of the children and both schools. Now we can also organize the voluntary stays people have been asking for.



Sikkim

From Nepal we went to Sikkim, to the land of Guru Rinpoche, till 1975 a mountain kingdom neighbouring with Tibet, now one of the states of India. People in this country usually travel by jeeps and it needs to be said that the ride along the twisty mountain roads is a real adrenaline experience. We went directly to Rumtek to see Nedo Rinpoche, who totally charmed us with his unmistakable smile, sense of humour and the unbelievable hospitality. We checked the progress of the construction of the new retreat house, where also western practitioners should have an opportunity to meditate in future.

A little higher, in a small house in nirvana, as Nedo Rinpoche says, lives his teacher – jogi Lama Choeying Rinpoche. We were fortunate enough to see him coming down to samsara. He gave us both blessing and the teaching in his direct and matter-of-fact style that goes straight to your heart.

Nedo Rinpoche took us to Guru Rinpoche power places – the Dakini Cave (Khado Sangphug) and Tashiding, and also to the Buddha park (Tathagata Tsal) and Re Gompa. And of course, we looked at both old and new monasteries of the 16th Karmapa in Rumtek.

Tired but happy and full of new experiences, we went back home, with determination and fresh inspiration for our projects.



FOUNDING THE NEW KKPL ENDOWMENT FUND

In this year, a new endowment fund was founded that carries the name Karma Kungha Padkar Ling, or the Joyful Garden of White Lotus. The notarial deed was executed on 17 March 2018 in the presence of the founders and their authorised representatives. The 17th Karmapa Trinley Thaye Dorje, Sherab Gyaltsen Rinpoche and Ani Tenzin became members of the new fund's Supervisory Board. Foundation of the new endowment fund separated activities focusing on the East and West. While NALA endowment fund provides help especially in the East, KKPL directs its activity to the West, primarily to the Czech Republic. Both funds complement each other and work in synergy. The new fund's purpose is among other things the cultural and philosophical transfer of the Himalayan countries' heritage to Western society, especially to countries of the European Union. The fund was established to support a healing and meditation centre of the same name, emerging in the Ujezd nad Zbecnem municipality, in the Krivoklat region of the Czech Republic.



KKPL – REDEVELOPMENT AND CONSTRUCTION WORKS IN ZBECNO

In 2018, we examined the land where the new centre will stand, as well as the existing building. The development study necessary to obtain the information for the zoning plan was prepared. Also 3D studies were made and presented to Sherab Gyaltzen Rinpoche together with all questions as to how we should proceed.

Our soulmate Kateřina Blaháková created a logo for our new centre. We all loved it straight away, including Sherab Gyaltzen Rinpoche. Together with our architects we designed the look of the main building and started the demolition of inconvenient internal walls, building the new ones. The gross structure was finished and the reconstruction of the roof followed. Fortunately, we managed to finish it before winter, so that the works could continue indoors during the wintertime. We performed some initial landscaping around the main building.

We worked on the documentation necessary to receive the building permit for all parts of the project, which is likely to be implemented in three phases. In the first phase we plan to finish the main building, in the second we want to build the gompas and the spa, and in the third a system of lakes will be created together with the garden and the lower part of the land, which is yet to be finalized.



NEW GOMPA AND PUBLIC LECTURES



This year we have opened a new meditation room (gompa) at our premises in Prague 6, where not only people from NALA and our volunteers but anybody interested can come and meditate. About once a month we organize lectures there on basic Buddhist subjects, such as meditation, cause and effect (karma) and Buddhist view in daily life. We also plan to start public evening meditations on a weekly basis.

We began to study Tibetan and as more and more people are interested in learning this exotic language, we plan to continue in this activity in a more extensive and regular format next year.

PUBLIC COLLECTIONS

The money box for public collections was officially sealed and placed in the premises of the fund where people come to

yoga classes, meditation or just to talk about the possibilities of their involvement. The general public had an opportunity to contribute during the traditional Tibetan New Year's celebration at the Novomestska townhall in Prague.



SUPPORT OF TRADITIONAL ART

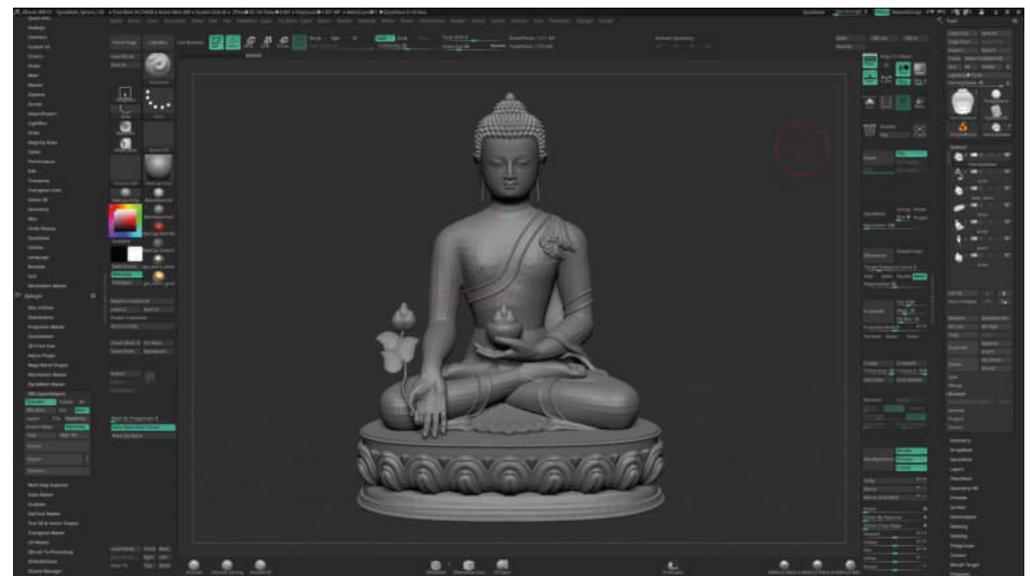
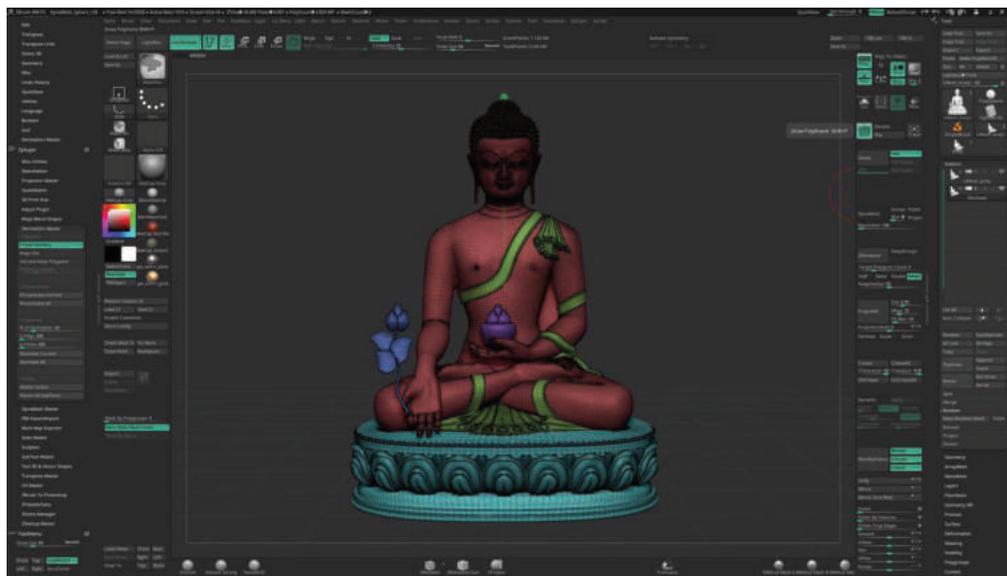
Our support of the traditional Buddhist style of Karma Gardri goes to the courses of statue and thangka painting for western students. They take place once or twice a year, so far in Spanish Karma Guen, but we hope that soon we will have conditions for similar events also in the Czech Republic. This year we had a long-awaited statue painting course under the guidance of Dawa Ladripa, a master of Karma Gardri. The students had a week to strengthen their knowledge and skills and now they practice what they had learned. There were also two courses of thangka painting – thangkas are pictures of Buddhist meditation aspects. The first one focused on the preparation for the painting and the second one on the preparation of the canvas. For the following year we plan a continuing course where students will get to do the actual painting.

NALA financially supported Dawa Lhadripa in his work on the decoration of the main gomba in Sharminub, the monastery and future institute of Buddhist studies built according to the vision of recently deceased Karma Kagyu lineage holder, the 14th Shamar Rinpoche. During our journey to the East we had a chance to admire the completed paintings and fully appreciate the huge extent of the project.



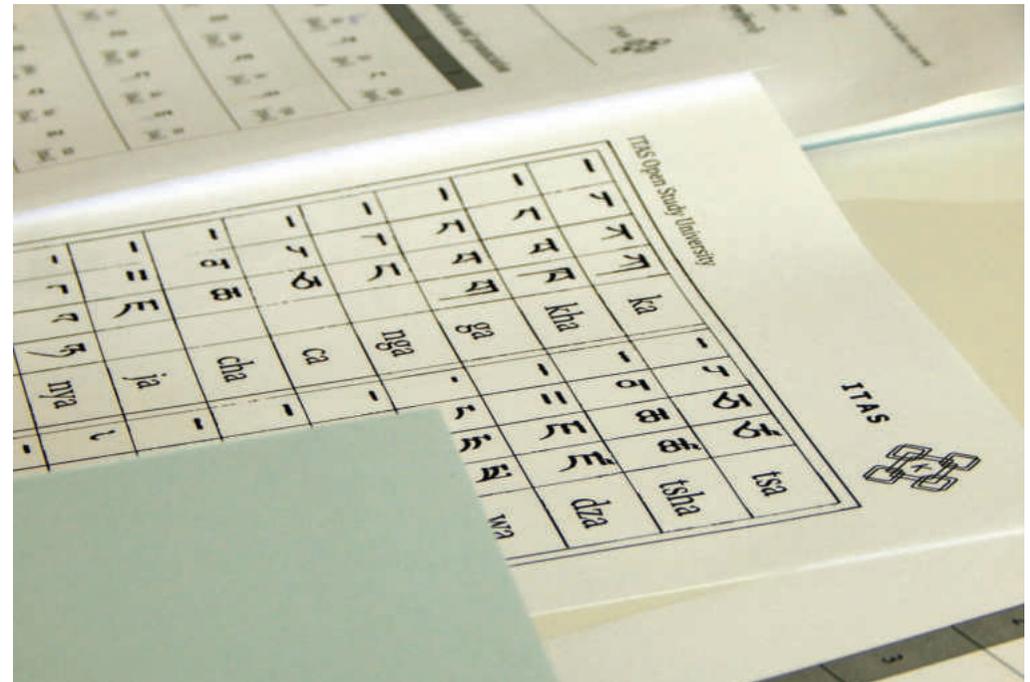
3D Statues

In the 3D statues project of versatile artist Leo Grzyb, the traditional Karma Gardri style meets modern technologies. The aim of the project is to provide top quality statues of meditation aspects for affordable prices. Initially the production will focus on the main Buddhist yidams (meditation forms) that are most frequently used in the Karma Kagyu lineage. These include for example Buddha Shakyamuni, Mahakala and Karmapa. This year an electronic database was created containing 3D master models. The first statue that came out of this project was a 20cm Buddha Shakyamuni in bronze. So far, the possible technological options are discussed. The first statue was cast, but as we want to keep the prices down, we would like to use 3D printing. We have great hopes that thanks to this technology we will be able to equip our new healing and meditation centre in the Czech Krivoklat region with statues at much lower costs.



KARMAGUEN TRANSLATION PROJECT

An international translation team in Spanish Karma Guen currently works on the translation of collected works of all Karmapas. Karmapa is the head of the Karma Kagyu lineage of Tibetan Buddhism and his 17th incarnation is also the official representative of the NALA endowment fund. The 17th Karmapa chose the first text to be translated, namely an extensive commentary by the 3rd Karmapa about the six realms where sentient beings can be born. One of these realms is our human world. This particular translation serves as a kind of pilot project, carried out by three or four translators, long-time Buddhist practitioners and friends. They cooperate with a shedra (school) in Indian Kalimpong, which sends out various khenpos (academics) to Spain, where they help with the translation, providing valuable consultations and explanations. It is a two-years project, so we can look forward to the first translated texts in the next year.



PUBLISHING ACTIVITY

Our young NALA publishing prepared the translations of three titles. We want to launch this activity officially with the publication of our Lama Sherab Gyaltzen Rinpoche's book about the meditation on Chenrezig (skt. Avalokiteshvara), the embodiment of the perfect compassion of all Buddhas. The book includes not only an explanation of the meditation practice, that is generally very well-known and used in Nepal, but also provides a general view of Tibetan Buddhism.

The book was translated directly from Tibetan and our wonderful translator Miroslav Hrdina plans to consult with Tibetan professor Lekshay Ghale from the Dhagpo Sheydrub Ling in Nala. As soon as the final editing is done, our first book will go to print. We would love to present it to the public on the occasion of the Rinpoche's visit to the Czech Republic in 2019.

Simultaneously we worked on the book about the Tibetan geomancy Sache by Dr. Nida Chenagtsang, a doctor of the Traditional Tibetan medicine. We plan to issue this book on the occasion of the author's visit to the Czech Republic in the autumn 2019. The system of sache offers a range of practical advice as to the harmonization of our living space by eliminating negative energies and protecting it against harmful influences. The harmonized environment has a positive impact on both physical and mental health of the people living in it.

The third book we are going to publish is an extensive treatise about the Nyungne fasting practice written by Wangchen Rinpoche. We have the publication of this title approved by Sherab Gyaltzen Rinpoche, who himself leads 17-days retreats of this practice (8 Nyungnes) for his disciples in Kathmandu. It is certainly not just by coincidence that the 17th Karmapa recommended his students to join this beneficial purifying practice this year. Nyungne is traditionally practiced on retreats under the guidance of qualified Lamas. It helps develop basic inherent qualities of our mind, such as wisdom and compassion, and for its profoundness and efficiency it is often sought by people who suffer from heavy or chronic diseases.



VOLUNTARY STAYS IN THE EAST

Our contacts in the supported monastic schools begin to bring fruits also in the form of voluntary stays. It turns out that many young people are interested in going to the East to see a different culture, gain new experience and learn more about timeless values of eastern masters, before they start their carrier or during their university studies. This year, we organized a voluntary stay for two Czech students in the Dhagpo Sheydrub Ling monastery in Nala. Both of them taught children and both came home very pleased. We will certainly continue in this mutually beneficial activity in future. Next year we plan the first voluntary stay in the girls' monastic school Karma Ngedhon Osal Choekhorling.

E-SHOP

NALA e-shop was traditionally busy before X-mas. This year we expanded the range of our products. Apart from Tibetan lunar calendars and diaries, photoimages by renowned Tokpa Korlo, incense sticks and textile bags decorated with pictures from Nala children, people can also support our activities by purchasing beautiful brocades and wall pictures with symbols from Tibetan astrology and mythology and many other things.



LOOKING BACK AT 2018

The year 2018 was all about planning and construction of the new meditation and healing centre, Karma Kungha Padkar Ling. Even our journeys to the East were full of discussions about its image and functioning and we finalized the documents necessary for the establishment of the new endowment fund. Of course we didn't forget about "our" kids, art or books, not to mention our dear teachers whose activities and help we value so much. However, the core of our activities undoubtedly moved to the Czech Republic.

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2020 OUTLOOK

In the following year, we plan to put our energy especially into the construction of the new Karma Kungha Padkar Ling centre in the Krivoklat region of the Czech Republic. Simultaneously we will continue in the publishing activity – first books will be published and hopefully presented in the presence of their authors. We will keep organizing lectures in the premises of the fund and we want to start regular meditation sessions that would be open to the public. We are also looking forward to the lessons of the Tibetan language.

In 2019, thirteen-year old Dhawa will come to the Czech Republic again. He will undergo the second set of plastic operations at the Yes Visage clinic. His burnt face will be fully reconstructed, which will eliminate the danger to his sight. He will be accompanied by nurse Puja, who would like to continue her health care education in the Czech Republic. She would like to use the acquired knowledge and skills in the spa that will be a part of the new centre, or in her care for children in monastic schools and for Lamas.

We will continue to support monastic schools Dhagpo Sheydrub Ling and Karma Ngedhon Osal Choekhorling, where we plan to send more volunteers. Our support will also go to the Karma Gardri style and to painter Dawa Lhadripa, whose work on the Sharminub gumpa decoration will continue, and also to photographer, filmmaker and musician Tokpa Korlo, who is soon going to present a documentary about Sherab Gyaltzen Rinpoche.



ORGANIZATIONAL STRUCTURE

On 23 March 2018, the board of trustees approved the change of the Fund's status. The composition of the board of trustees changed and a new Supervisory Board was established, which changed the whole structure and functioning of the Fund.

Founder

Vlasta Hodanova

Supervisory Board

H.H.Tenzin Chentse Gyatso (17th Karmapa Trinley Thaye Dorje)
Serap Gyalchen Gurung (Sherab Gyaltzen Rinpoche)
Mekhu Gurung (Ani Tenzin)

Board of Trustees

Katarina Cepelakova
Vlasta Hodanova
Martina Kuzelkova
Ivana Polanska
Erika Macakova
Gabriela Matouskova
Petr Hodan



FINANCIAL REPORT



NALA endowment fund assets

Initial contribution: CZK 1000

NALA endowment fund provided altogether CZK 2 462 000 for several projects in 2018.

Financial help in 2018

Incomes

Item	Amount in CZK
Gifts	2 682 000
Other	142 000
Total	2 824 000

Expenditures

Item	Amount in CZK
Provided funds	2 462 000
Used-up purchases	84 000
Services	311 000
Bank charges	9 000
Other expenditures	93 919,29
Personal costs/salaries	132 000
Total	2 998 000

Economic result of 2017 is the loss of CZK 174 943,44.

EXPENDITURES STATEMENT

The rule for the cost limitation of the endowment fund according to section 22 of Foundations and endowment funds act: The overall amount of annual administrative costs of the endowment fund shall not exceed 30 % (in words: thirty percent) of all the funds provided during the calendar year. This rule shall remain unchanged for the period of five years.

Administrative costs of endowment fund for 2017 amounted to CZK 547.000, which is 20,39 % of the provided funds (of CZK 2.682.000). The endowment fund thus fulfilled its obligation given by its status.

Inspector's Report

Dear donors, supporters and friends,
I have checked accounting operations of NALA endowment fund and haven't found any faults. The accounting is in accordance with the accounting procedures of non-profit organizations.

All received and provided gifts were duly recorded in the accounting books.

Ing. Dagmar Bartošová, inspector



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Photo: Tokpa Korlo, Shutterstock.com





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